

ABSTRACT

The present invention is a restaurant and menu format, and a method for organizing and operating a restaurant. The menu of this invention includes information about each food selection concerning that item's compliance with certain diets and diet types. With this information, a customer may eat out and remain on the dietary or nutritional plan of his/her choice. With the customers' selection of a food item, the kitchen of the restaurant may prepare the food item by selecting ingredients, cooking methods, and side dishes in compliance with the selected diet or nutrition plan.